

A little bit of history

The ancient greece practiced boxing and did competitions in the olympic games

The most revolutionary change in the sport came in 1865 when John Sholto Douglass, the Eighth Marquess of Queensbury, drew up new rules of boxing which basically transformed the sport into what it is today.

He is regarded as the "Patron Saint" of boxing and some of the most significant changes were three-minute rounds and the regulated use of approved boxing gloves.

You can read the whole set of 12 rules [here](#).

At this point the popularity of boxing continued to spread.

It was included in the St. Louis Olympic Games in 1904 for the first time ever.

From here on, talented fighters from all over the world would meet and fight for sanctioned titles all throughout the 20th Century and into the 21st.

In 1927 the National Boxing Association (NBA) became the first "sanctioning body" to govern over the sport. These sanctioning bodies ranked fighters and arranged matches between champions and the most deserving challengers, all for a healthy sanctioning fee of course. Today, three "recognized" sanctioning bodies control the world of boxing.

The WBC, IBF and WBA are the only bodies whos title lists are recognized worldwide as real "champions."